

## **Suggested Non-Food Rewards**

It may seem like a harmless treat for a job well done, but rewarding children with unhealthy food can develop habits that stay with children throughout their school careers... and lives.

Food rewards can be an easy way to bring about an immediate behavior change in children. So why change a reward system that works? Rewarding children with food can contribute to health problems such as obesity, diabetes, and hypertension. It also interferes with learning to eat in response to hunger and fullness cues.

### **Elementary School Students**

- Trips to a treasure box filled with nonfood items such as stickers, bubbles, jump ropes, puzzles, key chains, yo-yos, spider rings, charms, trading cards, pencil toppers, coupons for extra credit, etc.
- Teacher performance (cartwheels, a cheer, a song) share your talent with your class
- Play favorite game
- Extra recess
- Make deliveries to office
- Sit by friends
- Help teach class
- School supplies such as pencils
- Show-and-tell
- Skating passes, movie passes, etc.
- Coloring books and/ or crayons

### **Middle and High School Students**

- Sit by friends
- Listen to music while working at desk
- Reduced homework or homework pass
- Have class outside
- Computer time
- Chat break
- Field trips
- Extra reading time
- Free time at end of class
- Paperback book
- Bookmarks